



# The Journal

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September 19, 2013

## Freedom 5K Keeps Pace at NSA Bethesda



Photo by Mass Communication Specialist 2nd Class John K. Hamilton

**Naval Support Activity Bethesda (NSAB) Commanding Officer Capt. David Bitonti addresses the runners with opening remarks and gives the word to start the race during the Freedom 5K onboard NSAB.**

**By Mass  
Communication  
Specialist 2nd Class  
John K. Hamilton  
NSAB Public Affairs  
staff writer**

Naval Support Activity Bethesda (NSAB),

with support from Navy Exchange (NEX) Bethesda and NSAB's Morale, Welfare and Recreation (MWR), hosted a base wide event – the Freedom 5K – September 11, in remembrance of the 9/11 attacks.



Photo by Bernard S. Little

**Service members, staff and family participated in the Freedom 5K Run September 11. The run commemorated the attacks that took place on 9/11.**



Photo by Mass Communication Specialist 2nd Class John K. Hamilton

**More than 300 runners came out to participate in the Freedom 5K.**

“The purpose of the 5K was to allow the NSAB community to show their support and remembrance from the attacks 12 years ago, through running and doing something they enjoy,” said Rico Mac-

araeg, marketing and public relations manager of NEX Bethesda. “It was a great opportunity, as the Navy Exchange carries many products that would support the race and MWR had all the right

logistical equipment and coordination to make it successful.”

Capt. David Bitonti, NSAB's newest commanding officer, was on hand to offer opening remarks and to begin the race.

“As you all remember, on 9/11, we lost almost 3,000 Americans and in addition to that, 125 of our colleagues, our friends and our military Department of Defense family were lost at the Pentagon as well,” said Bitonti. “That’s really what today is about; It’s in honor of them and their memory. It’s also to honor our mission here at the base, which is to support the individual mission of the tenants that are here. And most importantly the mission of the hospital as it relates to caring for our wounded warriors who have been at the tip of the spear of our response for the largest loss of American lives from an attack on American soil. Please keep that in mind as

See **FREEDOM** page 7



# Commander's Column



I'd like to take this opportunity to (re)introduce myself as the new commander of Naval Support Activity Bethesda. I am humbled, honored and feel privileged to be given this opportunity, and I take very seriously the responsibility of service and support to the tenants, visitors, active duty and civilians who come to NSA Bethesda. I am excited about the future of NSA Bethesda as we continue to modernize and improve our base.

I say "our" base because we all have a stake in the success of NSA Bethesda. Although there is a difference between being the base caretaker and being a tenant, we all must work together formulating new ideas to improve support and services; obeying regulations such as the parking and pedestrian rules; keeping the installation clean and clear of debris; and working collectively to support each tenant's mission in order to better serve our residents and guests. If you have a good caretaker and tenant relationship, you all enjoy the benefits of the base. Over the past few years we have been fortunate to have an outstanding caretaker here collectively known as NSA Bethesda. I want to continue to build that relationship with you.

The NSA Bethesda/my mission statement says that "as an installation, we create an environment that enables patients to heal, staff to thrive and guests to feel at home," and as a healthcare provider I witnessed exactly that on a daily basis. I very much plan to continue that tradition of support excellence. If you work for one of our tenant commands, know that I have been on both sides of the fence

and understand the impact, both positively and negatively, installation support can have on your ability to conduct your mission. Your safety, security and comfort is not just a priority for me, it's the reason NSA Bethesda exists as an installation.

If you are one of the NSA Bethesda staff, I ask that you "keep up the good work," and "thank you for what you do every day." As I've had a chance to get out and around the installation more and see all of the things that go on behind the scenes to keep this installation running smoothly, I am constantly impressed at your level of effort and dedication. When I assumed command, I quickly realized that the NSA Bethesda staff was made up of a top notch team. That allowed me to hit the ground running, and for that I'm truly appreciative. I want to keep the lines of communication open and ask that you utilize the appropriate conduits for information; however, I have an open door policy and if something is not right, I want/need to know about it. I look forward to getting out and visiting each and every one of you in your workplace as we continue to do great things for great people. I could not ask for a better team.

Thank you for entrusting me with the caretaker keys to the installation. This is a truly special place to work and live. Let's all work together to make Naval Support Activity Bethesda the premier installation it can be.

**All ahead flank,  
Capt. David Bitonti  
Naval Support Activity Bethesda  
Commanding Officer**

## Bethesda Notebook

### WRNMMC Change of Command

A change of command ceremony for Walter Reed National Military Medical Center (WRNMMC) will be today at 2 p.m. in front of the Tower on-board Naval Support Activity Bethesda (NSAB). Army Brig. Gen. (Dr.) Jeffrey B. Clark will assume WRNMMC command from Rear Adm. (Dr.) Alton L. Stocks, the first commander of WRNMMC, the largest academic medical center in the Military Health System. Clark will become the first Army officer to command WRNMMC when he assumes its leadership later today.

### Prostate Cancer Support Group

The WRNMMC Prostate Cancer Support Group meets twice today in the America Building River Conference Room, third floor, adjacent to the Center for Prostate Disease Research. The day session is from 1 to 2 p.m., and the evening session is from 6:30 to 7:30 p.m. For more information, contact retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil).

### Hispanic Heritage Month Celebration

The Bethesda Multicultural Committee is sponsoring the Walter Reed Bethesda Hispanic Heritage Month celebration on Sept. 26 at 11:30 a.m. in the America Building Atrium (Piano Area). The event will include music, dancing, staff talent and free food samples. For more information, call Sgt. 1st Class Jason Zielske at 301- 400-3542, or at [jason.zielske@med.navy.mil](mailto:jason.zielske@med.navy.mil).

### Healing, Recovery from TBI

The National Museum of Health and Medicine will host a free program, "A Visual Journey of Healing and Recovery from TBI," Sept. 24 from 6 to 7 p.m. at the Silver Spring Civic Building, Fenton Room, 1 Veterans Place in Silver Spring, Md. The program includes artist Eliette Markhbein's personal brain injury story, told through her revealing self-portrait and through the stories of 12 other brain injury survivors. Join Markhbein for this review of her experiences and her exhibit "WHACK'ed ... and then everything was different," which is on display at the National Museum of Health and Medicine until Sept. 30. This event is free and open to the public. For more information, call 301-319-3303 or visit <http://www.medicalmuseum.mil>.

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Sexual Assault Response Coordinator Hotline	301-442-2053
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Uniformed Services University of the Health Sciences page:  
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# Code Preparedness: A Vital Part of a Military Installation

**By Master-at-Arms  
Seaman  
April Beazer  
NSAB Public Affairs  
staff writer**

In consideration of the recent tragedy that occurred at the Washington Navy Yard, Naval Support Activity Bethesda (NSAB) would like to issue a reminder that code safety is important for everyone onboard the installation.

President Barack Obama addressed the nation on the Washington Navy Yard incident. "It's a shooting that targeted our military and civilian personnel," said Obama. "These are men and women who were going to work, doing their job, protecting all of us. They're patriots, and they know the dangers of serving abroad – but today,

they faced unimaginable violence that they wouldn't have expected here at home. So we offer our gratitude to the Navy and local law enforcement, federal authorities, and the doctors who've responded with skill and bravery."

Having knowledge about the guidelines and procedures to follow in the case of an active shooter situation can make a huge difference.

Jim Ganz, NSAB safety manager, shared what steps to take if there is an active shooter situation at NSAB.

"If you are not able to leave the building, secure your immediate surroundings by locking and barricading the door(s); keep away from them; turn off the lights; close the blinds; shut off radios and computer monitors. Keep

out of sight. Cover such as concrete walls, filing cabinets, etc. may offer some protection. Don't forget to silence your cell phone."

If you find yourself outdoors in the event of an active shooter, follow the active shooter response guidelines for NSAB. The most important thing is to keep yourself from increasing your risk.

"Do not make any rash decisions based on incomplete information," said Ganz. "Before you do something, have a clear indication that it is the right thing to do. I imagine that if you feel you must run, run in the proper direction, take advantage of any "cover" that is available and try not to run in a straight line. Keep in mind, if there

See **SAFETY** page 6



Photos by Master-at-Arms Seaman April Beazer

**Chief Marty McQuagge demonstrates the first step of practicing safety indoors in the event of an active shooter by securing his office space.**



**The second step to securing an office space in the event of an active shooter is to close any windows and blinds.**

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# Sailors Pinned As Chief Petty Officers

By Bernard S. Little  
WRNMMC Journal  
staff writer

Six Sailors were pinned chief petty officers (CPOs) during a ceremony at Walter Reed National Military Medical Center (WRNMMC) on Sept. 13.

Chief Hospital Corpsman (HMC) Shaun Kestner (Navy Medicine Professional Development Center), HMC Mario Espino (Naval Medical Research Center), HMC Scott Bondar (WRNMMC), HMC Daryl Mercado (Uniformed Services University), HMC Theresa Richards (WRNMMC) and HMC Vilma Bauer (NMRC), achieved one of the Navy's senior noncommissioned officer rate after receiving their CPO anchors and covers from their colleagues and families during the ceremony.

emony filled with Navy tradition.

Singing "Anchors Aweigh," the six new CPOs marched into the Memorial Auditorium dressed sharply in neatly pressed khaki uniforms. All Sailors in attendance then recited the Sailors Creed, pledging to "proudly serve their country's Navy combat team with honor, courage and commitment," and committing to "excellence and the fair treatment to all."

"What a great day for the Navy and military medicine," said Rear Adm. (Dr.) Alton L. Stocks, WRNMMC commander. He charged the Fiscal Year 2014 CPOs with expecting more from themselves because of their added responsibilities. He also encouraged the new chiefs to mentor others, and perform "outside



Photo by Bernard S. Little

From left, newly promoted Chief Petty Officers (CPO) Daryl Mercado, Scott Bondar, Theresa Richards, Vilma Bauer, Shaun Kestner and Mario Espino proudly wear their new CPO anchors and covers following their pinning ceremony on Friday at Walter Reed Bethesda.

of their comfort zones, thinking outside of the box to identify and solve problems."

Retired Master Chief Hospital Corpsman

Brian D. Pampuro, the financial educator and counselor at Fleet and Family Support Center, Naval Support Activity-Bethesda (NSAB), was

the guest speaker at the ceremony. He explained he has come to know the new chiefs during their arduous process and weeks of hard work

to become CPOs. "They were tested and tried both physically and mentally" before being

See **CHIEF** page 10



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# Giant Voice Speaker System Set to be Implemented at NSAB

**By Mass Communication Specialist 3rd Class Brandon Williams-Church**  
**NASB Public Affairs staff writer**

Naval Support Activity Bethesda's (NSAB) Giant Voice Mass Notification System is scheduled to go active October 1.

The Giant Voice will provide a rapid way of notifying all personnel aboard NSAB of destructive weather and other potentially hazardous situations, allowing immediate dissemination of required actions and other information, according to Executive Emergency Manager, Ron Kunz.

"The Giant Voice was derived from the 2009 Fort Hood shooting after action report to provide additional safety and support measures to the command," said Jarrod Greene, deputy emergency manager for NSAB.

The Giant Voice consists

of loud-speakers located on towers and other structures throughout the installation. The loud-speakers are positioned to provide sound coverage (sirens, pre-recorded messages, live address capability) to areas of NSAB with high populations or critical missions and functions, regardless of environmental conditions.

"The speakers are located all over the base and will provide coverage to close to 100 percent of the base, projecting all sound inwards to minimize spill-over noise into the surrounding community," said Greene. "They are located at the Uniformed Services University of the Health Sciences, the Navy Lodge, the Navy Exchange and around the hospital."

From Sept. 23 to Sept. 25 technicians will conduct live tests of the system starting at 9 a.m. and securing at 4 p.m.

During the testing phase of the system, visitors and workers to the base facili-

ties should hear the following message, "The following is a test of the Giant Voice Mass Notification System. This is only a test. For the next 60 minutes we will be conducting a test of the Giant Voice Mass Notification System. This test will consist of voice, tone or music audio transmissions. This is only a test. Please disregard all transmissions from this site."

The commanding officer controls the system along with direction by the emergency services dispatchers and the emergency operations that have access to activate the system, said Greene.

From meetings to site surveys, noise surveys, building drawings and site managing, the process for bringing the Giant Voice to NSAB has been a long and thoughtful one.

With the recent events at the Washington Navy Yard, the importance of a mass notification system is rec-

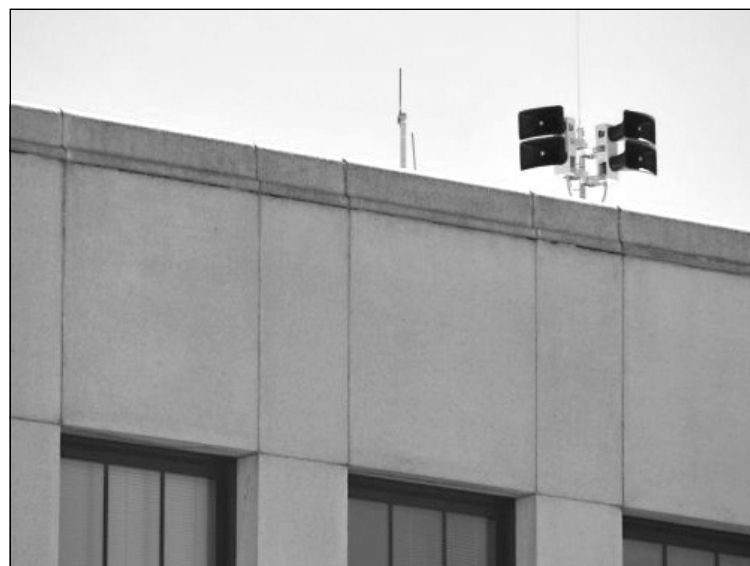


Photo by Mass Communication Specialist 3rd Brandon Williams-Church

**Speakers located on buildings throughout the base will be able to project vital information to visitors and workers on Naval Support Activity Bethesda. The Giant Voice Mass Notification System is scheduled to go live Oct. 1.**

ognized even more by the emergency management team.

"It's vital to help implement a system like this to inform workers of natural disasters to man-made events in order to protect

the installation and the family members on it," said Greene.

Visit the NSA Bethesda and WRNMMC websites and Facebook pages for further information.

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# Walter Reed Bethesda, NSAB Remember 9/11

By Bernard S. Little  
WRNMMC Journal  
staff writer

Walter Reed National Military Medical Center (WRNMMC) and Naval Support Activity Bethesda (NSAB) joined the rest of the world in observing the 12th anniversary of the 9/11 terrorist attacks with a remembrance ceremony on Sept. 11 in the Building 17 gymnasium.

The Department of Pastoral Care sponsored the Walter Reed Bethesda remembrance for 9/11, and the Real Life Youth Choir of Wyomissing, Pa., performed at the observance. Chaplain Bob Wyatt of Church Army USA was the guest speaker, and Rabbi Risa Weinstein, Brother David Schlatter and Imam Mohammed Khan provided "future visions tributes," reflecting on remembrance, healing, hope, forgiveness and the sanctity of life. Senior Chief Roger Brisley also provided a time line reflection of the tragedy on 9/11, as a Sailor rang a bell in remembrance of the events and its victims.

Rear Adm. (Dr.) Alton L. Stocks, WRNMMC commander, noted some members of the Real Life Youth Choir weren't born when the terrorist attacks happened 12 years ago, but he explained to them three times a week, WRNMMC



Members of the Walter Reed Bethesda community pause in prayer during the 9/11 remembrance.

receives wounded warriors from the battlefield fighting to prevent another 9/11 from happening. "This is the first place on American soil where the severely injured come," the admiral said. "This is the first place where they are reunited with their families."

"[Sept. 11, 2001] changed our lives," Stocks continued. He added although Sep. 11 is now appropriately observed each year as a day of remembrance for victims of the tragedy, it should also be a day of celebration of the people who on 9/11, "do what we do every day in America — go to work and keep the country moving forward." He said many of them "unselfishly" helped others on that tragic day, and the days which followed.

"That brings us to what we do [here] — heal those heroes

and continue to support and defend the cause of freedom around the world," Stocks said. "Those [victims of 9/11] didn't die in vain. They lived for a good cause in America, and if there is any place on this planet which also represents that, it's here and what we do at Walter Reed Bethesda."

Wyatt, a Vietnam veteran, agreed with Stocks, also saying, 9/11 changed the lives of many people, and "everything seemed to take a sharp" turn on that day. The minister also spoke of rebuilding communities and helping others, which he said, "really does work. Building communities builds people, and building people builds communities."

"We heal by remembering," said Weinstein. "Each tragedy is an opportunity.



Photos by Bernard S. Little

A joint color guard parade the nation's colors during the 9/11 remembrance ceremony at Walter Reed Bethesda on Sept. 11.

It's a defining moment in our past, but it becomes the moment from which we rebuild. We do not forget the pains of the past, we build with them. On this 12th anniversary of

Sept. 11, may we continue to find ways to turn our pain into promise. May we never forget what we lost, but may

See 9/11 page 10

## SAFETY

Continued from 3

is any doubt about whether or not you should leave your safe area, do not leave! Keep your area secured."

When emergency services arrive, be sure to proceed with caution. They are responding to a hostile situation.

"Please remember; the police that are attempting to secure the area have a completely different perspective and mission than you do," Ganz stressed. "If security forces enter your area, stay down, don't rush at them in gratitude, keep your hands visible and listen and follow their orders. Security forces may view any other move-

ments and gestures as a possible threat to their personal safety and may act in response to that."

NSAB staff and residents should understand and follow "active shooter" procedures as well as any other emergency situation.

"Just as everyone should know how to evacuate their workspace in the event of a fire, everyone should know what their response should be if this terrible situation should ever arise here," said Ganz. "[More information] can be found in the Active Shooter Incident, Community Response Checklist in the NSAB Emergency Management Plan. This information is freely available, and that fact should be made known to all hands."



Photo by Master-at-Arms Seaman April Beazer

Chief Marty McQuagge demonstrates one way to protect yourself from the danger of an active shooter.





Photo by Mass Communication Specialist 2nd Class John K. Hamilton

**Volunteers on motorcycles helped to safely guide runners through the designated route.**



Photo by Bernard S. Little

**Runners braved 90-degree weather to run the Freedom 5K.**

## FREEDOM

**Continued from 1**

you do your run and when you get home today thank your families for everything that they do to support you and your ability to do your mission in order to do the nation's mission."

More than 300 runners attached to the installation participated in the event, not only to remember the 9/11 attacks, but also to come together as a team and show support for one another.

"I think this run supports the remembrance of 9/11 because it gives us all an opportunity to come together as active duty, retirees, families, communities,

wounded warriors and just simply, supporters," said Macaraeg. "We all were affected by the events on 9/11 and creating events that will bring us together will help the healing process, as well as allow us to never forget."

Numerous volunteers were at the event to help register runners and share the correct route to run in the race. Several outside vendors were also in attendance offering refreshment stations so the runners could recharge after the race.

"Events such as these are really beneficial to our base and our community," said Macaraeg. "We had an overwhelming amount of requests from vol-

unteers to help, as well as runners and donors from outside the gates. These types of requests just reinforce the support of our mission here on base. The run also allowed us to take a minute out of our day and embrace the camaraderie and relationships we have built here on NSAB and simply have fun."

There were many reasons for people to participate in the event; the most resounding one was, to never forget.

"This is a wonderful opportunity to build a little camaraderie throughout the base and also to support September 11," said Culinary Specialist 1st Class Wilson Cruz, senior enlisted leader of Food Operations at



Photo by Mass Communication Specialist 2nd Class John K. Hamilton

**Volunteers from the Navy Exchange and staff members from the installation were in attendance to help register participants for the race.**

Walter Reed National Military Medical Center. "I was in my second week of boot camp

when 9/11 happened and I'm originally from New York, so this is a great way to show some

patronage to those who lost their lives and to make sure they are never forgotten."



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# Seasonal Influenza Immunization Program

By Lt. Cmdr.  
Daron Patton  
Environmental  
Health Officer  
Walter Reed  
National Military  
Medical Center

Each year, your Military Treatment Facility (MTF) provides the seasonal influenza vaccinations.

This year, staff and beneficiaries can receive their free flu vaccine now through Oct. 25 from 8 a.m. to 4 p.m., Monday through Friday in Building 9, first floor near Radiology. You must bring your military identification card, staff badge or common access card. Walter Reed National Military Medical Center (WRNMMC) staff only may also receive the vaccine today and tomorrow from 8 a.m. to 4 p.m. in Building 7, second floor, Occupational Health.

Immunizations help protect you and your family from influenza and its complications. The Centers for Disease Control and Prevention recommends everyone who is at least 6 months of age get a flu vaccine this season. People for whom the influenza vaccine is especially important include:

- Those with certain medical conditions including asthma, diabetes, and chronic lung disease
- Pregnant women
- Individuals 65 years of age and older
- Those with household contacts and caregivers of people with certain medical conditions including asthma, diabetes, chronic lung disease, or other conditions that might compromise their immune system.

Immunization Clinics at local MTFs have established multiple locations and times where you can get your



Photo by Sharon Renee Taylor

**Navy Capt. Brooks Cash, deputy commander for medicine at Walter Reed Bethesda, receives the annual flu vaccine Monday at Walter Reed National Military Medical Center.**



**Rear Adm. (Dr.) Alton L. Stocks, commander of Walter Reed National Military Medical Center receives the annual flu vaccination Monday at Walter Reed Bethesda.**

influenza vaccine with a minimal wait time and no out of pocket cost. We encourage you to take advantage of the free influenza vaccination your MTF offers to all eligible beneficiaries.

For more information, contact:

• WRNMMC Immunizations: 301-295-5798

• Fort Belvoir Community Hospital Immunizations: 571-231-1812.



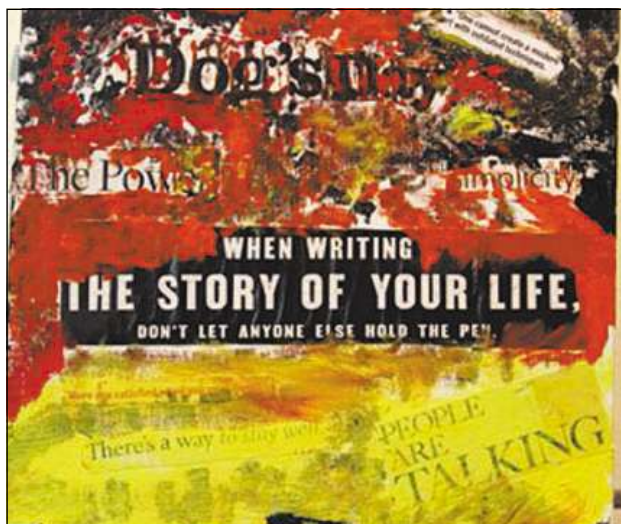
# Healing Arts Exhibit Opening Nears

By Katrina Skinner  
WRNMMC Journal  
staff writer

This year marks the tenth anniversary of the healing through the arts program, which began at the former National Naval Medical Center and continues at Walter Reed National Military Medical Center.

On Oct. 3 from 3 to 7 p.m., WRNMMC's Creative Arts Program and Oncology Services at the Murtha Cancer Center will host its annual Healing Arts Exhibit in the pavilion between the America Building and America Building Garage. The exhibit will feature guest speakers Ron Capps, founder of the veteran's literary platform, O-Dark-Thirty and poet Fred Foote.

In addition, featured at the exhibit will be a variety of mediums including digital photography, paintings,



Department of Defense photo by Terri Moon Cronk

**A wounded warrior designed this montage to begin expressing his feelings about his war experiences.**

expressive writing, performing arts, puppetry, story-telling, spoken word, and various forms of music.

Deadline to submit an application to display work at the exhibit is Monday. Applications should be submitted to Cmdr. Moira McGuire, WRNMMC, 8901 Wisconsin Ave., Building 8,

3rd floor, room 3131 of the Warrior Clinic. Applications can also be scanned and emailed to Seema Reza at [seema.reza@med.navy.mil](mailto:seema.reza@med.navy.mil) or Ermyn King at [efk103@gmail.com](mailto:efk103@gmail.com) or Cmdr. Moira McGuire at [Moira.McGuire@med.navy.mil](mailto:Moira.McGuire@med.navy.mil). Accepted artwork must be submitted no later than Oct. 1.

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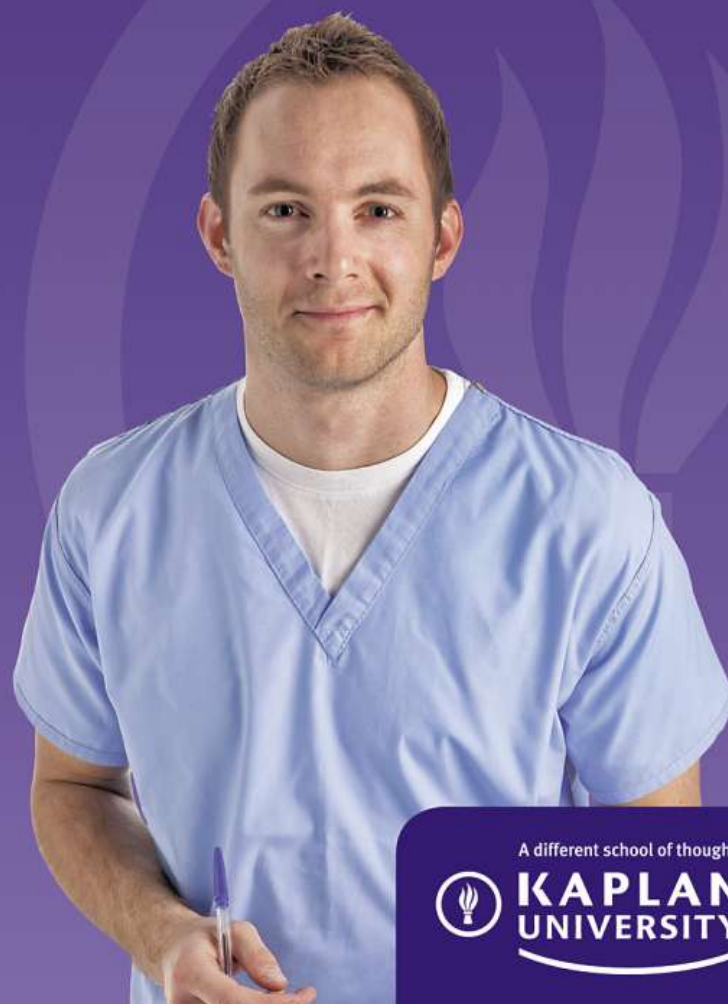
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# CHIEF

Continued from 4

accepted into “the strongest fraternity on the globe, and that’s the Chief Petty Officer Mess,” he said.

Pampuro encouraged the new CPOs to “take care of your people and lead from the front, reaching out to fellow chiefs for support and assistance, knowing they will be observed by others, and continuing to plant acorns to grow the future Navy.”

The financial coach and educator also urged the chiefs “to find a balance in [their] lives, saving and investing smartly for the future while not being afraid to enjoy their income now as well. That same theory holds true when you step back and assess where you are as a chief petty officer, mom, dad, husband, wife, son, daughter, brother, sister or friend; you need to find a balance [between your work and home life],” Pampuro concluded.

Master Chief Keith Staples explained the new chiefs had to participate in “a year-long training evolution” before earning the rate CPO.

Beginning in September of last year, the first class petty officers eligible for chief were required to pass an advancement examination and have their records reviewed by a select group of master chief petty officers and senior naval officers.

“Needless to say, competition is quite keen and only the very best qualified are selected,” Staples added. “Less than 10 percent of all enlisted Sailors will reach this milestone,” said the master chief, adding CPO selectees must continue more focused training lasting approximately two months, culminating in the pinning ceremony.

Those who rate chief, which the Navy first created on April 1, 1893, are counted on to lead and mentor others, as well as set the standard of good order and discipline, Staples explained.

Following their pinning, chiefs welcomed the new CPOs into their ranks with the reading of the Chief Petty Officer Creed. The new chiefs then left the auditorium as they entered, in formation, marching proudly and singing “Anchors Aweigh.”

“I was given the opportunity to lead extraordinary Sailors. I also had a leading chief petty officer who allowed me to walk beside him daily. Leadership and followership are the direct reasons why I was selected for chief petty officer,” said Kestner, one of the new chiefs. He said his goal as a new CPO is to “lead, guide, educate, train and mentor Sailors to the best of [his] ability, [and] ensure each Sailor is given the tools to succeed.”



A copy of The Washington Post from Sept. 12, 2001 was part of the display at the ceremony.

## 9/11

Continued from 6

it serve as a point on which we build the celebration of our future,” said the rabbi.

Schlatter agreed it is important to remember, heal and rebuild. He said out of the despair, fear and deep wounds of 9/11 have emerged determination, drive, healing and rebirth. “But most importantly what we have come to experience, know and cherish, as strong as any weapon of war, as more powerful than the evil that can lurk in the human heart, and something more immense than any building we can build, is God’s mercy, [which] embraced us as a country, embraced

our sorrow, embraced our leadership, and has moved us forward,” said the Franciscan brother.

“As we remember the tragedy of Sept. 11, it is difficult not to feel angry and sad, but we are called to put our trust in the Lord and not to fall into despair and hopelessness,” said Khan. “We must continue to do what God has called us to do, put our trust in him, perform good deeds and stand witness for justice and truth.” The imam added the Qur’an says people were created to “know each other, not despise one another.”

“I ask all of us today, to love life, for it is [God’s] greatest gift,” Khan said. “Respect life, yours and the lives around you. For when we lose respect for life, we lose respect for humanity. When we lose respect for humanity, we lose respect for God’s creation. When we lose that, we have lost everything.”

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## Respect for the Victims



Photo by Sharon Renee Taylor

As a mark of respect for the victims of the senseless acts of violence perpetrated on Monday at the Washington Navy Yard, the flag of the United States will be flown at half-mast in front of Walter Reed National Military Medical Center until sunset, September 20.





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